

TEST YOUR KNOWLEDGE ON DRUGS AND DRUG ABUSE BY TAKING THE: *National Drug IQ Challenge*



Go to drugfactsweek.drugabuse.gov/IQchallenge.php for an online interactive version.

1 What's the substance most abused by high school seniors?

- A. Marijuana
- B. Tobacco
- C. Alcohol
- D. Ecstasy

2 Studies have found that up to 14 percent of drivers injured or killed in traffic accidents tested positive for:

- A. Tranquilizers, like benzodiazepines
- B. Heroin/opioids
- C. Marijuana/Cannabis
- D. Methamphetamine/Cocaine

3 The most commonly abused class of prescription drugs is:

- A. Sleep medications (Ambien, Lunesta, Sonata)
- B. Tranquilizers (benzodiazepines—Valium, Xanax)
- C. Pain relievers (opioids—Vicodin, Oxycontin)
- D. Stimulants (Concerta, Ritalin, Adderall)

4 How many Americans die from diseases associated with tobacco use each year?

- A. About 1,500
- B. About 13,200
- C. About 50,500
- D. About 440,000

5 Why does marijuana make you hungry?

- A. Because THC (the active ingredient in marijuana) causes diarrhea
- B. Because THC affects the brain
- C. Because brownies are usually around when using marijuana
- D. Because marijuana use leads to severe weight loss

6 Anabolic (growing or building) steroids—used by some athletes to improve performance—can do which of the following?

- A. Limit how tall you grow
- B. Make you bald and shrink your testicles
- C. Give you body hair where you don't want it
- D. Give you acne
- E. Steroids can have all of these effects

7 What group abuses inhalants the most?

- A. High school seniors
- B. 10th graders
- C. 8th graders
- D. College aged women
- E. Medical students

NATIONAL INSTITUTE ON DRUG ABUSE

For more questions and to find out the correct answers turn the page.

National Drug IQ Challenge

- 8 Snorting cocaine can cause:**
- A. Panic attacks
 - B. Drowsiness
 - C. Heart attacks and seizures
 - D. Both A and C
 - E. All of the above

- 9 What is the leading cause of preventable birth defects?**
- A. Tobacco
 - B. Alcohol
 - C. Marijuana
 - D. Cocaine

- 10 Which of these webs is made by a spider that is NOT on drugs?**



- 11 Many teens abuse prescription drugs. How do most get them?**
- A. They steal them
 - B. They get them free from a friend or relative
 - C. By faking symptoms to a doctor
 - D. From a drug dealer
 - E. From the Internet

- 13 The drug, methylenedioxymethamphetamine (MDMA) is also called "X" because:**
- A. It causes Xtra muscle cramping
 - B. It causes Xtra sensation
 - C. It causes Xtra teeth clenching
 - D. It is short for "Ecstasy"
 - E. All of the above

- 12 Drug abusers are at risk for HIV infection:**
- A. Only when they inject drugs
 - B. Because drugs can affect the way people make decisions
 - C. When they share needles to inject drugs
 - D. Both B and C

- 14 Which of the following is associated with teenage drinking?**
- A. Memory problems
 - B. Getting into fights
 - C. Teenage pregnancy
 - D. A, B, and C
 - E. None of these

For the correct answers go to page 4

15 Which chemicals below will enter your lungs when you take a puff of a cigarette?

- A. Arsenic and cyanide
- B. Benzene (also found in gasoline)
- C. Ammonia
- D. Carbon monoxide (from car exhaust)
- E. All of the above



16 Why do celebrities go in and out of drug and alcohol rehab?

- A. They like the publicity
- B. Finding the right treatment and learning to live sober can take practice
- C. It helps them get away from the paparazzi
- D. They are secretly getting plastic surgery

19 It's safe to use prescription medications when:

- A. You've checked out WebMD and know what you are doing
- B. You've taken them before for another problem
- C. They are prescribed for you by a doctor for a current problem
- D. Your mom gave them to you from her prescription
- E. All of the above

17 How many teens (age 12 to 17) are treated for substance abuse in a year?

- A. 1,000
- B. 28,000
- C. 142,000
- D. 1.2 million

20 Abusing substances does what to your brain?

- A. All of the below
- B. None of the below
- C. Messes with it
- D. All of the above
- E. None of the above

18 What percentage of people who try marijuana will become addicted to it?

- A. 9%
- B. 1 in 6 if use begins as a teen
- C. About 50% of daily users
- D. All of the above

DRUGFACTSWEEK.DRUGABUSE.GOV/IQCHALLENGE.PHP

For the correct answers go to page 4

ANSWERS TO THE National Drug IQ Challenge

1 C. Forty-four percent of high school seniors drank alcohol in the past month; 21% used marijuana.
drugabuse.gov/infofacts/HSYouthtrends.html

6 E. To get the desired effects on performance, users take high doses of steroids, which can lead to **all of the effects noted**—some of which can be permanent.
steroidabuse.gov

13 D. MDMA is called “X” because it is short for “**Ecstasy**” but the drug also causes A, B, and C.
nida.nih.gov/ResearchReports/MDMA/MDMA3.html#effects

2 C. Marijuana can alter perception, attention, coordination, and reaction time—all of which are necessary for safe driving. Alcohol remains the number one drug reported in traffic related deaths—32%, in 2008.
nida.nih.gov/Infofacts/driving.html

7 C. NIDA’s annual MTF survey of 8th-, 10th-, and 12th-graders consistently reports the highest rates of inhalant abuse among **8th-graders**.
nida.nih.gov/ResearchReports/Inhalants/whatare.html#scope

14 D. All of these, plus school failure and injuries, are associated with teenage drinking.
thecoolspot.gov/too_much.asp

3 C. The latest survey shows that nearly 5.3 million people abused **pain relievers** in the past month (NSDUH, 2009).
nida.nih.gov/infofacts/PainMed.html

8 D. Cocaine users not only risk **panic attacks, heart attacks, and seizures**, but also respiratory failure, strokes, and death.
nida.nih.gov/ResearchReports/Cocaine/effects.html#short

15 E. All of these chemicals can be found in cigarettes, along with about 4,000 more. Of these, 250 are known to be harmful, with 50 found to cause cancer.
nida.nih.gov/infofacts/tobacco.html

4 D. Of the 440,000, **49,900 deaths** were attributed to people who were exposed to secondhand smoke. Check out this chart for more information:
cdc.gov/tobacco/data_statistics/tables/health/attrdeaths

9 B. Fetal alcohol syndrome (FAS) is the most common known preventable cause of mental impairment. Babies born with FAS may have lifelong problems in learning, memory, attention, and problemsolving.
pubs.niaaa.nih.gov/publications/fas/fas.htm

16 B. Addiction is a complex and chronic disease that requires people to engage in long-term treatment and make difficult and sweeping changes in their lives.
drugabuse.gov/scienceofaddiction/treatment.html

5 B. THC affects several brain areas, including those that influence appetite, as well as pleasure, memory, perception, pain, movement, coordination, and more.
drugabuse.gov/tib/marijuana.html

10 C. In 1948, a German scientist, PN Witt, studied how drugs affected spiders’ webmaking and found notable differences. Web A was made by a spider on marijuana; Web B by one on amphetamine; and **Web C (a normal shape) by a spider not on any drug.**

17 C. If you or someone you know needs help call, **1-800-662-HELP**.
<http://www.oas.samhsa.gov/2k10/185/185TypicalDayHTML.pdf>

Spider Communication: Mechanisms and Ecological Significance, Edited by Peter N. Witt & Jerome S. Rovner, Princeton University Press, 1982.

18 D. Marijuana is addictive—with the risk increasing among those who start early and those who use daily.
nida.nih.gov/tib/marijuana.html



11 B. Most high school seniors who abused prescription drugs **got them for free from a friend or relative**; very few get them from the Internet.
drugabuse.gov/newsroom/09/MTF09overview.html

19 C. No matter how well-intentioned friends and family may be, **only a physician is qualified** to prescribe the right medication in the right dose for you.
nida.nih.gov/ResearchReports/Prescription/prescription6.html#Preventing

12 D. Learn the link between drug use and HIV/AIDS.
hiv.drugabuse.gov/

20 C. Did this question **mess with your head?** That’s exactly what drugs do!
drugabuse.gov/scienceofaddiction/addiction.html